CUMBERLAND WOMEN'S RESOURCE DIRECTORY

Nova Scotia Advisory Council on the Status of Women

Look for

The Cumberland Women's Resource Directory 2003

on the Internet.

Our address is:

http://www.gov.ns.ca/staw/cumberlandwomensresource.htm

106-06034/

CUMBERLAND WOMEN'S RESOURCE DIRECTORY

2003

Produced by:
The Nova Scotia Advisory Council on the Status of Women

1st Edition 1992 - Supported by:
The Human Resource Development Center - Amherst

3rd Edition 1999 - Sponsored by:
The Cumberland Regional Development Association
The Cumberland African Nova Scotian Association

911- EMERGENCY NUMBER

for

Ambulance, Fire, Hospital, Police

Direct Emergency Lines

AUTUMN HOUSE (Transition House) 667-1200
Shelter for abused women and their children

CHILD PROTECTION, Family & Children Services
24 Hour Phone 667-3336

KIDS HELP PHONE
24 Hour Phone 1-800-668-6868

OPERATION GO-HOME
24 Hour Phone 1-800-668-4663
Re-unites street kids 17 and under with their families.

ADVOCATE

POP-UP PLUS
Advocate District School 1-902-392-3900
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

AMHERST

AMHERST PRE-SCHOOL
Subsidized according to income
Heartz Hall, 1 Ratchford Street
Amherst, NS B4H 1X2.....667-7731
Email: .....mackc@ns.sympatico.ca

BRIGHT BEGINNINGS DAY CARE
Subsidized according to income
25 Park Street
Amherst, NS B4H 2R6 667-7857

HOPSCOTCH DAY CARE & PRE-SCHOOL
70 Winston Avenue
Amherst, NS B4H 1K5.....667-4014

YMCA CHILD CARE
92 Church Street
Amherst, NS B4H 4A1.....667-9112
.....667-2472
Email.....ymca@ns.sympatico.ca

Service: YMCA child care offers a morning, lunch and after school programs for children aged 18 months to 12 years.

NORTHPORT

POP-UP PLUS
Northport Elementary School
RR 1,
Northport, NS B0L 1E0.....661-2490
Email: ..... nconprincipal@ccrsb.ednet.ns.ca
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

OXFORD

POP-UP PLUS
Oxford Regional Elementary 447-4511
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

PARRSBORO

POP-UP PLUS
Parrsboro Regional Elementary 254-5605
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

PUGWASH

POP-UP PLUS
Cyrus Eaton Elementary 243-3900
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

RIVER HEBERT

POP-UP PLUS
River Hebert District Elementary 447-4511
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

SPRINGHILL

CUMBERLAND CAMPUS DAY CARE
Nova Scotia Community College
P.O. Box 550
Springhill, NS B0M 1X0.....597-3737

POP-UP PLUS
Junction Road Elementary 597-4240
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

WALLACE

POP-UP PLUS
Wallace Consolidated Elementary 257-6110
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

WENTWORTH

POP-UP PLUS
Wallace Consolidated Elementary 548-6400
Maggie's Place 667-7250

Service: Drop in Pre School Play group for Parents, Care givers and children. Activities include Crafts, Stories, Songs and Healthy Snacks.

CHILD CARE ADVOCACY ASSOCIATION OF NS
5594 Morris Street
Halifax, NS B3J 1C2..... 1-902-420-1618

Service: The Child Care Association of Nova Scotia is a coalition of groups whose concern is the availability, afford ability and equality of child care in Nova Scotia.

CHILD CARE CONNECTION
1200 Tower Road, Suite 100
Halifax, NS B3H 4K6..... 1-800-565-8199
Website: ..... Email: cccns@istar.ca

Service: The Child Care Connection is a service and support group to the child to the development of the childcare field. Services they offer are newsletter, twice per year; introductory to office services. They also offer a lending library. They hold seminars on child care, a trade show and an annual conference in January.

COMMUNITY DEVELOPMENT

ADVOCATE & AREA

ADVOCATE DISTRICT DEVELOPMENT ASSOCIATION
93 Mills Road
P.O. Box 38
Advocate, NS B0M 1A0 1-902-392-2827

AMHERST & AREA

AMHERST & AREA CHAMBER OF COMMERCE
35 Church Street .....
Amherst NS B4H 4A1..... 667-8186
Fax.....667-2270

AMHERST AREA DEVELOPMENT COMMISSION
P.O. Box 238, 1 Ratchford Street
Amherst, NS B4H 3Z4 667-2562
Fax.....667-5409

DOWNTOWN AMHERST REVITALIZATION SOCIETY
P.O. Box 546, 35 Church Street
Amherst, NS B4H 3Y6..... 667-3638

Service: The DARS is a downtown development organization who provides support to the Downtown business community. It offers services to existing business owners as well as new entrepreneurs who wish to locate within the Business District of Downtown Amherst. Its activities include marketing, capital projects and data collection.

CUMBERLAND COUNTY

CUMBERLAND COUNTY DEVELOPMENT OFFICER
P.O. Box 428
Amherst, NS B4H 3Z5.....667-2313
Email: .....info@cumberlandcounty.ns.ca

CUMBERLAND DEVELOPMENT CORPORATION (CDC)
P.O. Box 487
Amherst, NS B4H 4A1.....667-5700

Service: This is a non-profit community based business development centre that assists Cumberland County residents to establish a new business or expand an existing one. They provide financial assistance, counseling assistance, technical assistance, and co-ordinate and administer the Self Employment Assistance program.

UMBERLAND REGIONAL ECONOMIC DEVELOPMENT ASSOCIATION (CREDA) " \l 2P.O. Box 546, 35 Church Street
Amherst, NS B4H 4A1.....667-3638
Fax.....667-2270

Service: CREDA is an organization created to promote and develop a sustainable economic environment for Cumberland Region. The Association operates as a resource centre for business and community based organizations offering technical and professional skills to assist in the creation of sustainable development in Cumberland County.

" \l 2ECONOMIC RENEWAL AGENCY
P. O. Box 458, 35 Church Street

Amherst, NS B4H 4A1.....667-3223

Service: The Economic Renewal Agency's objective is to inspire and promote continued growth in the small business sector and to contribute to permanent job creation in Nova Scotia.

PUGWASH & AREA

PUGWASH AND AREA DEVELOPMENT ASSOCIATION P.O. Box 243Pugwash NS B0L 1L0
243-2616Email: sun.nut@ns.sympatico.ca " \I **2PUGWASH VILLAGE COMMISSION**
P.O. Box 220
Pugwash NS B0K 1L0.....243-2946
Fax.....243-2126
Website: ..... http://www.pugwashvillagecommission.com

RIVER HEBERT/JOGGINS & AREA

RIVER HEBERT/JOGGINS & AREA DEVELOPMENT ASSOCIATION
Joggins NS B0L 1G0.....251-2342
Email: .....bernice.vance@ns.sympatico.ca

SPRINGHILL & AREA

SPRINGHILL AREA ECONOMIC DEVELOPMENTOFFICER/COMMITTEE
P.O. Box 1000
Springhill, NS B0M 1X0..... 597-8216

SPRINGHILL CHAMBER OF COMMERCE
P.O. Box 1030
Springhill, NS B0M 1X0.....597-4012

PROVINCIAL

CONSUMER/PUBLIC SERVICES

AUTUMN HOUSE (formerly Transition House)
PO Box 1141
41-43 Russell Street
Amherst NS B4H 4L2.....**Crisis Line - 667-1200**
Business.....667-1344
New Directions 667-4500
Fax.....667-2768
Email: ..... cctha@ns.sympatico.ca

Service: Autumn House provides short term shelter for abused women and their children. Individual and group counselling, advocacy, referral and information services are also available for abused women, for children who have been exposed to family violence and for abusive men (New Directions Program). If you have been abused within an intimate relationship, please call us for support. If you have been abusive to your partner, please call New Directions for help in changing your behavior. Collect calls are accepted and services are available 24 hours a day, 7 days a week.

BETTER BUSINESS BUREAU OF NOVA SCOTIA
1888 Brunswick Street, Suite 805
Halifax, NS B3J 3J8 1-902-422-6581
Toll Free 1-800-207-0685
Fax..... 1-902-429-6457
Email..... bbbmp@bbmp.ca

Service: Maintains reliability reports on firms based on information provided by the firm and the firm's experience in dealing with complaints presented to the bureau. The bureau does not practice law, make collections or provide credit information. The Canadian Motor Vehicle Arbitration Plan (TOLL FREE) a non profit organization which provides assistance in automotive disputes.

BUSINESS & CONSUMER SERVICE (Division of Vital Statistics)
- birth, death and marriage registration
P. O. Box 157
1690 Hollis St, Joseph Howe Building
Halifax, NS B3J 2M9 1-877-848-2578
Email..... vstat@gov.ns.ca

Service: The Division is responsible for the registering of vital events occurring within the jurisdiction of the Vital Statistics Act, the Solemnization of Marriage Act, and the Change of Name Act, the registration of births, marriages and deaths.

CHILD TAX BENEFIT 1-800-387-1193

COBEQUID HOUSING AUTHORITY
144 Victoria Street West
Amherst, NS B4H 4B9.....667-8757
Fax.....667-1680

Service: Providing low income family housing.

CUMBERLAND EARLY INTERVENTION PROGRAM

Box 997 Amherst,
NS
B4H 4E1

location: 102 East Victoria Street
phone: (902) 667-8244
fax: (902) 667-0661
e-mail: ceip@ns.sympatico.ca
web site: www.earlyintervention.net

Service: A non profit, family centred organization administered by a Community Board. It services families throughout Cumberland County who have children between birth and school entry with a developmental delay or who are at risk for delay do to conditions such as but not limited to Down Syndrome, Spina Bifida, Autism, Prematurity and Cerebral Palsy. All services are free of charge.

ENQUIRIES SERVICES/ INFORMATION SERVICE
Public Enquiries Officers
1700 Granville Street, Ground Floor
P. O. Box 1103
Halifax, NS B3J 2X1 1-800-670-4357
Website ..... http://www.gov.ns.ca/snsmr

Service: Source of information concerning provincial government programs and services.
Hours: Monday to Friday 8:30 am - 4:30 pm.

HOME CARE (SOCIAL SERVICES) 667-0870

HOUSING DIVISION, DEPT OF COMMUNITY SERVICES
144 Victoria Street
Amherst, NS B4H 4A1 667-1161
Fax.....667-5679
Website .....http://www.gov.ns.ca/coms

Service: Provides funding to assist with improvements to dwellings. Not restricted to people receiving Social Assistance benefits.

HUMAN RIGHTS COMMISSION, NS
2561 Westville Road
P. O. Box 728
New Glasgow, NS B2H 2P8..... 1-902-752-3086

Service: Administers and enforces the Nova Scotia Human Rights Act. The act prohibits discrimination in employment; services and facilities; accommodation; purchase or sale of property; volunteer public service; membership in a professional, business or trade association, employers or employees organization; or publication, broadcast or advertisement, based on:race; color; ethnic, national or aboriginal origin; political belief, affiliation or activity; family or marital status; religion; creed; age; sex; sexual harassment; sexual orientation; physical or mental disability; source of income or irrational fear of contracting an illness or disease. In addition to investigating and complaints, the Commission fights discrimination through Affirmative Action, Race Relations and Public Education. These divisions promote equity, effective education and harmony in our community through agreements, conferences, and training.

INCOME SECURITY PROGRAMS
Information Service for Old Age Security and Canada Pension Plan 1-800-277-9914

LABOUR STANDARDS DIVISION
5151 Terminal Road
PO Box 697
Halifax, NS B3J 2T8
Phone: 1-902-424-4311
Toll free 1-888-315-0110
Fax: 1-902-424-0648
e-mail ..... labrstd@gov.ns.ca

Service: The function of the Labour Standards Division is to deal with inquires and complaints from the public about whether a specific employment -related problem is affected by the Labour Standards Code of this province. The matters must be under Provincial Jurisdiction. Investigations of specific employment-related situations are carried out and, if the Labour Standards Code is not being adhered to, the staff of the division takes action to ensure compliance with the code.

MAGGIE'S PLACE - A Resource Centre for Families
12 La Planche Street
PO Box 1149
Amherst, NS B4H 4L2 667-7250
Fax 667-0585
Email: ..... maggies@ns.sympatico.ca

Service: Family Resource centre that provides parenting programs, information and support for families with pre school children. Provides a parenting program Nobody's Perfect ages from 0-6. Offers a low cost nutritional cooking program Basic Shelf. Child care is free for both programs. Offers a toy lending library. Special event programs are conducted throughout the year. Office hours are Monday-Friday 8:30-4:30.

ALIANT TELECOM
To find a number (Information):
Numbers in NS & PEI. 1-902-555-1212
Numbers outside 902 area ..... 1+Area code+555-1212
Inquiries or repair 811

NOVA SCOTIA POWER CORP 1-800-428-6230

OMBUDSMAN, NOVA SCOTIA
5670 Spring Garden Road, Suite 609
P.O. Box 2152
Halifax, NS B3J 3B7 1-800-670-1111
Website: ..... http://www.gov.ns/ca/ombu/

Service: The Ombudsman deals with many

complaints. When regular government agencies do not satisfactorily resolve problems, you may ask the Ombudsman for help dealing with such problems as: Claims for social assistance benefits or Workers' Compensation, and difficulties in obtaining licences or permits, after all other avenues of complaints have been performed. This is a free service.

MENTAL HEALTH 667-3879

PUBLIC HEALTH 667-3319

REFERENCE CANADA
Ottawa ON..... 1-800-667-3355

Service: Provides information and telephone numbers for all Federal Government departments and agencies.

SINGLE PARENT CENTRE
3 Sylvia Avenue..... 1-902-479-3031
Halifax, NS B3R 1J7..... 1-902-479-0508
Fax..... 1-902-477-2257
Email..... single-parent@ns.sympatico.ca
Hours:
Monday, Tuesday, Thursday,..... . 9:00 am - 4:00 pm
Wednesday ..... 1:00 pm - 8:00 pm
Friday .....Closed

Service: The Single Parent Centre is a resource centre for parents and their children offering support, education, advocacy and friendship. Programs include, Breast-feeding Support, Parent and Infant Massage and various parenting programs A monthly calendar of

Prrograms is available.

INCOME ASSISTANCE/EMPLOYMENT SUPPORT SERVICE
Cumberland District Office 667-3336
Monday-Friday 8:30am - 4:30pm
Satellite in Springhill.....597-3887
Tuesday &Thursday 8:30am - 4:30pm

WOMEN, THE NOVA SCOTIA ADVISORY COUNCILON THE STATUS OF
P.O. Box 546
Amherst, NS B4H 4A1.....667-8948
Halifax Office..... 1-800-565-8662

Service: In carrying out its duties, the Council receives submissions and suggestions from individuals and groups regarding women's issues, undertakes research, participates in programs concerning women's issues, assists women and

women's organizations in gaining access to government and other institutions by providing information and referrals where appropriate, and publishes reports, studies and recommendations. The fieldworker assists women or groups with needs or concerns, provides programming and acts as a resource person to assist in the promotion of the equality of women.

EDUCATION AND TRAINING

ADULT EDUCATION SECTION , Northern Region Office
NS Department of Education & Culture
60 Lorne Street, Suite 3
Truro, NS B2N 3K3 1-902-893-5988
Fax..... 1-902-893-6104
Website ..... http://nsal.ednet.ns.ca

Service: The Adult Education Section Assists individuals interested in upgrading their education. Working with community-based groups, the Section establishes upgrading programs in Cumberland County. Classes are designed based on the need of the members.

ADULT HIGH SCHOOL
Corner of Havelock and Spring Streets
Amherst NS ..... 661-2482 or 597-4214

APPRENTICESHIP SECTION
Nova Scotia Department of Education
60 Lorne, Suite 3
Truro, NS B2N 3K3 1-902-893-5988

P.O. Box 578, 2021 Brunswick St
Halifax, NS B3J 2S9..... 1-800-494-5651

Service: The Apprenticeship Division facilitates the development of skilled labour through an organized system of on-the-job and institutional training for trades for which standards have been developed.

NS PROGRAM FOR AFRICAN NOVA SCOTIAN STUDENTS
NS Department of Education
PO Box 578
Halifax, NS B3J 2S9..... 1-902-424-7534

Service: Provides financial incentive for African Nova Scotian students so they will be encouraged to continue education beyond secondary school, develop leadership potential and to meet education, career and professional objectives. .....

CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD
Truro NS..... 1-800-770-0008

CHIGNECTO FAMILY OF SCHOOLS
Springhill NS.....597-4202

COMMUNITY LIAISON OFFICE
Amherst Regional High School
190 Willow Street
Amherst, NS B4H 3W5.....661-2497

Service: Books space at Amherst Regional High School, including the theater, classrooms, labs, gymnasium and fields. Register for Community

Education Courses. Answers inquiries regarding special performances, conventions and conferences.

COMMUNITY COLLEGE- NS, CUMBERLAND CAMPUS
PO Box 550
Springhill NS B0M 1X0.....597-3737
Fax.....597-8548
Website .....http://www.nscc.ns.ca

Service: The Nova Scotia Community College offers training programs that respond to the needs of students, communities, business, industry and government. Some of the services available at the campus include career assessment/counseling, academic upgrading, literacy training, customized training programs for business & industry and part time courses.

COMMUNITY EDUCATION
Amherst Regional High School
190 Willow Street
Amherst NS 661-2497

CUMBERLAND ADULT NETWORK FOR UPGRADING
141 Victoria Street
Amherst NS B4H 1X9.....661-0153
Website ..... can-u@sympatico.ns.ca

Service: CAN-U is a non-profit Community based Learning network, which offers adult upgrading, GED preparation and tutoring.

INCOME ASSISTANCE
Returning to school and Career Counseling for Single Parents 667-3336

GED APPLICATION FORMS - available from:
Department of Education & Culture
14 Court Street, Suite 303
Truro, NS B2N 3H7 1-902-893-5890
Website ..... http://ged.ednet.ns.ca
Payment to write GED is $20.00

INTERNATIONAL TRAINING IN COMMUNICATION

Amherst, NS 667-3166
Sackville, NB 506-536-3186

Service: I.T.C. offers a training ground for people interested in self-improvement. It provides the opportunity to learn to communicate effectively, build self-confidence and develop skills to use at work, in the community and at home. Improvement is created through the stimulating exchange of ideas, expression of thoughts and constructive evaluation. A learn by doing approach in such areas as public speaking. Meetings are held twice a month from September to June on the second and fourth Mondays from 8:00 am to 10:00 pm.

PROFESSIONAL SECRETARIES INTERNATIONAL
PO Box 792, Central RPO
Halifax, NS B3J 2V2..... 1-902-424-3278

Service: PSI is a non-profit professional organization which unites its members for the purpose of upgrading the standards of secretarial performance by means of continuing education programs.

SCHOOLS
Advocate 1-902-392-3400
Amherst Regional High School 661-2540
Brookdale Consolidated School 661-2440
Cyrus Eaton Elementary School 243-3900
E.B. Chandler 661-2450
Jonathan McCully Elementary School 661-2444
Junction Road Elementary School 597-4240
Northport Elementary School 661-2490
Oxford Elementary School 447-4511
Oxford High School 447-4500
Parrsboro Elementary School 1-902-254-5605
Parrsboro Regional High School..... 1-902-254-5600
Pugwash District High School 243-3930
R. B. Dickey School.....661-2460
River Hebert Elementary School.....251-3205
River Hebert High School.....251-3200
Sir Charles Tupper Elementary.....6612494
Springhill Jr./Sr. High School 597-4250
St. Charles Elementary School 661-2420
Wallace Elementary School 1-902-257-6100
Wentworth Elementary School..... 1-902-548-6400
West End Memorial 597-4240
West Highland Elementary School.....661-2410

STRONG' COMMUNITY DEVELOPMENT
24 Crescent Avenue, Box 1004
Amherst, NS B4H 3R2 661-0204

Service: This is a not for profit Community Literacy Project that aims is to educate and offer life skills through the Arts. Qualified tutors assist in enhancing reading, writing, math, IT and life skills in a unique

and fun environment. All is welcomes everyone and all the services are free.

STUDENT FINANCIAL AID

Canada Student Loans
Student Aid Office
PO Box 2290, Halifax Central
Halifax, NS B3J 3C8..... 1-902-424-8420
Toll free for NS & outside metro..... 1-800-565-8420
Fax..... 1-902-424-2058
TTY/TDD 1-902-0540
Internet address .....http://www.studentloans.ednet.ns.ca
Email..... stuasst@gov.ns.ca

Service: Applications are available for Student Loan Programs including Canada and Nova Scotia Student Loans. Loans are available to post secondary students based on need.

EMPLOYMENT AND LABOUR

HUMAN RESOURCES DEVELOPMENT CANADA

Human Resource Centre
26-26 Prince Arthur Street
Amherst, NS B4H 1X4..... 661-660519
Unemployment Insurance Enquiries 1-800-206-7218

Employers-Order Records of Employment
..... 1-800-539-5429
Information about Special Programs for
Employers 661-6610
Fax.....661-6637
Website ..... www.ns.hrdc-drhc.gc.ca
Job Bank .....www.jobbank.gc.ca

Service: HRC offers employment information and opportunities through the internet job bank which can be accessed from any local capsite. Assistance is available through Training Opportunities as well as a number of re-employment programs and special projects. Applications for Social Insurance Numbers, Employment Insurance, Canada Pension, Canada Pension Disability, Old Age Security and Guaranteed Income Supplement are available at the Human Resource Centre in Amherst, as well as information and assistance regarding these programs. Employers Services include information about the Employment Insurance program, and Job Creation programs, as well as free advertisement of their employment postings.

LABOUR STANDARDS DIVISION - NS Department of Environment and Labour

5151 Terminal Road, 5th Floor
P. O. Box 697
Halifax, NS B3J 2T8 1-888-315-0110
E-mail .....labrstd@gov.ns.ca

Service: Assists employers and employees in N.S.

with questions relating to employment. Officers advise and instruct the public on the proper application of the Labour Standards Code and the Minimum Wage Order.

NOVA SCOTIA FEDERATION OF LABOUR - WOMEN'S COMMITTEE
c/o NS Federation of Labour
3700 Kempt Road, Suite 225
Halifax, NS B3K 4X8 1-902-454-6735
Fax..... 1-902-454-7671

Service: The N.S. Federation of Labour Women's committee is a provincial body whose membership is appointed through the local unions of the provinces. Broad base of interest such as pay equity, child care, and working conditions.

TRANSITION TO WORK (CAPA)
26 Industrial Park Road
Amherst NS B4H 4B9.....667-3620
Fax.....667-0317

Service: Serve all persons with disabilities who live in Cumberland County and who are looking for employment, training, or upgrading. A full range of employment counseling services are offered at no cost. Provide information and supports on disability resources to employers and community members.

FOOD BANKS

FOOD ASSISTANCE NETWORK
5 King Street
Amherst, NS B4H 1W7.....661-0677

Open Monday, Wednesday and Friday afternoon from 1:30 pm - 4:00 pm

HOSPITALS - CUMBERLAND COUNTY

ALL SAINTS SPRINGHILL HOSPITAL
10 Princess Street
P.O. Box 700
Springhill, NS B0M 1X0.....597-3773
Reception 597-2027
Fax.....597-3440
Website .....www.cha.ns.health.ca
Service: All Saints is a 15 bed facility with 14 of these beds being designated for restorative care. This is care provided to clients to enable them to regain or sustain a maximum level of functioning. One of these beds is designated for palliative care A twenty-four hour emergency service program is also offered. The hospital provides inpatient and outpatient physiotherapy, occupational therapy, x-ray and lab services. Also housed is the primary care demonstration project, assistance given from a qualified nurse

practitioner and physician. Many community outreach programs are operated throughout the year from the Day Hospital, i.e. arthritis self management, foot clinics, etc. An active outpatient department that provides specialty clinics and booked appointments. A Palliative Care Program is also operated out of this facility. The third floor of the hospital houses the Cobequid Drug Dependency Program. This is a regional drug and alcohol rehabilitation program which can be accessed by calling 597-8647

BAYVIEW MEMORIAL HEALTH CENTRE
Advocate Harbour, NS B0M 1A0 1-902-392-2859
Fax..... 1-902-392-2625

Service: Currently our facility has eight Level II beds, our remaining two acute care beds are interchangeable for Palliative, Restorative, Rehabilitation, and Respite/Holding Care. Holding beds are used for those people who require observation and stabilization before being sent to a larger facility, or sent home.Blood is drawn 3 morning a week. Part time physiotherapy services, bi weekly Occupational Therapy services, and monthly Foot, Diabetic bi-monthly, and Asthma Clinics. A dietician who comes from monthly and Wellness Clinics are held. Meals-on-Wheels are provided 3 days a week. Volunteers welcome.

CUMBERLAND REGIONAL HEALTH CARE CENTRE
19428 Highway #2
Amherst, NS B4H 1N6 667-3361
Fax..... 667-6303

Service: C.R.H.C.C is a regional hospital, meaning it provides general acute care to residents from all of Cumberland County and south eastern New Brunswick. Has Cumberland County's only obstetrics department, offers general surgery, provides internal medicine services, and psychiatric care, respiratory service. Provides many specialty services such as ultrasound, breast examinations, x-rays, echo cardiology and ophthalmology. Provides care to acutely ill patients requiring intensive nursing and medical care. Coordinates a hospital/community-based palliative care program which offers physical and emotional support to terminally ill patients and their families. Runs ambulatory care programs aimed at preventing disease, limiting the effects of illness and promoting healthy lifestyles. Offers many more services essential to the health of our communities.

Some other clinics and programs offered, include:
- Diabetes Education Centre

- Pre-Natal Clinics
- Pediatric Clinics
- ENT Clinics (ear, nose and throat)
- Nova Scotia Hearing and Speech Clinic
- Physiotherapy
- Orthopedic clinics

Regional education service that offers frequent community outreach programs, including - Breathe Easy (for suffers of Chronic lung disease); Heart to Heart (for people with heart conditions).

NORTH CUMBERLAND MEMORIAL HOSPITAL
P.O. Box 242
Pugwash, NS B0K 1L0.....243-2521
Fax.....243-2941
Services: Three physicians on staff providing 24 hr, 7 days/wk coverage, plus on-call service; 24 hr. Out-patience emergency service; Ambulance service, lab X-Ray, Mon-Fri; 4 observation /assessment beds for up to 48 hours; palliative care for unspecified length of time as needed; dietitian weekly, twice monthly diabetic education clinic; VON foot care clinics monthly; biweekly psychiatric consultation service; ophthalmology & optometry clinics; monthly. Well Woman Clinic; Area Food Banks Storage; Weekly Mondays. Home Care Office; Heart to Heart Education Program. Physiotherapy once weekly.

SOUTH CUMBERLAND COMMUNITY CARE CENTRE
Parrsboro, NS B0M 1S0..... 1-902-254-2540

Service: South Cumberland Community Care Centre is a 14 bed Level II facility converted from a hospital. The Centre offers physiotherapy, occupational therapy, laboratory, radiology, dietitian, diabetic day clinic once a month, day care, foot care, out patient and emergency services. We also have two beds for restorative and palliative care. We also offer space for Drug Dependency, Family and Children Services, Transition House, psychiatry, ophthalmology, optometry.

LEGAL SERVICES

AMHERST JUSTICE CENTRE
16 Church Street, 3rd Floor
Amherst NS B4H 3A6.....667-2256

Service: Provincial Court, Family Court, Supreme Court (all civil matters including divorce and divorce kits), Small Claims Court, Probate Court, Sheriffs Department, and Prothonotarys Office.

CROWN ATTORNEY
32 Church Street
Amherst NS B4H 3A8.....667-4890

ELIZABETH FRY SOCIETY
2786 Agricola Street, Suite 217

Halifax, NS B3K 4E1 1-902-454-5041
Toll Free 1-877-619-1354
Fax..... 1-902-455-5913
Email..... efrymain@ns.sympatico.ca

Service: The Elizabeth Fry Society is a member of the national organization, the Canadian Association of Elizabeth Fry Societies. We work with & on behalf of women in conflict with the law, women at risk, and women in the community. Programs include: One on One Addiction Counseling, Relapse Prevention, Anger Management, Conflict Resolution. Bus tickets can be supplied. The programming offered is free.
Hours: Monday to Friday from 8:30 am to 4:30 pm.

LEAF (Women's Legal Education and Action Fund)
415 Yonge Street, Suite 1800
Toronto, On M5B 2E7 1-416-595-7170
Toll Free 1-888-824-5323
Fax..... 1-416-595-7191
Website ..... http://www.leaf.ca

Service: LEAF is a national, non profit organization which promotes equality for women, primarily using the sex equality provisions of the Canadian Charter of Rights and Freedoms. LEAF has a two fold mandate: to argue test cases before Canadian Courts, human rights commissions and government agencies on behalf of women, and to provide public education on the issue of sex equality. Intervene on behalf of women's interests.

LEGAL AID, NOVA SCOTIA
55 Church Street
PO Box 262
Amherst, NS B4H 3Z2.....667-7544

Service: Provides free legal advice to eligible persons. Appointments required. Deals mainly with family and criminal matters, as well as services to inmates.
Monday to Friday from 9:00 am to 4:00 pm.

NOVA SCOTIA ASSOCIATION OF WOMEN AND THE LAW
PO Box 34040
Halifax, NS B3H 3S1
National Association of Women and the Law
Website .....http://www.nawl.ca
Email..... info@nawl.ca

Service: The Nova Scotia Association of Women and the Law is a regional caucus of the National Association of Women and the Law. The aims of the association are to improve the legal and social status of women through research, advocacy, and public education. Membership is open to women who share the aims of the association.

THE LEGAL INFORMATION SOCIETY OF NS
5523 B Young Street

Halifax, NS B3K 1Z7
Phone 1-902-454-2198
Toll Line 1-800-665-9779
Info Line 1-902-455-3135
Website ..... http://www.legalinfo.org

Service: Callers can request legal information or lawyer referrals. This is not Legal Aid. Provincial Court, Family Court, Supreme Court (all civil matters including divorce and divorce kits), Small Claims Court, Probate Court, Sheriffs Department, and Prothonotarys Office.
- Lawyer Referral Service
- Legal Information Line
- Offers free legal publications and tapes
Hours: Monday - Friday 10:00 am - 3:00 pm.

PROBATION SERVICES
30 Church Street
Amherst NS B4H 3A8 667-7278

R.C.M.P. DETACHMENTS:
Amherst 667-3859
Parrsboro 1-902-254-2424
Pugwash 243-2181
Oxford 447-2525

TOWN POLICE STATIONS:
Amherst ..... 667-8600 or 667-7227
Springhill 597-3779

" \I 2 LIBRARIES

CUMBERLAND REGIONAL LIBRARY
P.O. Box 220
Amherst, NS B4H 3Z2 667-2549
Office 667-2135
Books by mail 667-2549
Website ..... http://www.crl.library.ns.ca
Web Catalogue. http://www.ncompass.library.ns.ca/web2/tramp2.exe./log_in?setting_key=cur_ep8

Branches:
Advocate 1-902-392-2214
Oxford, Water Street 447-2440
Parrsboro, Queen Street 1-902-254-2046
Pugwash, Old CNR Station 243-3331
River Hebert, Main Street 251-2324
Springhill, 75 Main Street 597-2211

MEDICAL AND HEALTH SERVICES

ADDICTION SERVICES
..... 597-8647

CUMBERLAND COUNTY FAMILY PLANNING

PO Box 661
12 LaPlanche Street
Amherst NS B4H 4B8.....667-7500
Website ..... http://www.cumberland.ppfc.info
Email.....ccfamplan@auracom.com

Service: Growing Together - a program for 9 to12 years old and parents to attend together. Topics covered are puberty, reproduction, family communication and self-esteem (4 sessions). Can We Talk - a program for 12 to 14 years old and parents to assist with communication on dating issues (4 sessions). Girl Power Self Esteem Camp -a summer program for girls aged 11 to 13 years. Raising Sexually Healthy Children- a program for parents of children aged 0 to 12 years. Sexuality Resource Centre that provides a variety of services such as free pregnancy testing, sexual abuse prevention and STI's.

PUBLIC HEALTH SERVICES, NORTHERN REGION
18 South Albion Street
Amherst, NS B4H 2W3.....667-3319
Toll Free 1-800-767-3319
Fax.....667-2273

Service: The emphasis of Public Health Services, Northern Health Region is on the community and how to best meet its health needs. Within each health region a qualified team of health professionals is available to provide health expertise and to deliver community health programs and services. Together these professionals provide the following preventive health services within your community: Public Health Nursing, Nutrition, Health Education, Dental Services, Communicable Disease Control and Health Promotion, Tobacco Reduction Strategy.

PHARMACIES

AMHERST

Atlantic Superstore Pharmacy.....661-0380
Lawton's Drug Mart 667-8631
Pharmasave 667-3784
Pugsley's Pharmacy.....667-3873
Shopper's Drug Mart Pharmacy.....667-0666
Sobeys Pharmacy 667-3099
Zeller's Pharmacy.....667-7442

OXFORD
Pharmasave 447-3700

PARRSBORO
Wright's Pharmacy 1-902-254-2342

PUGWASH
R. W. O'Brien's Pharmacy.....243-2551

RIVER HEBERT

River Hebert Pharmacy 251-2777
SPRINGHILL
Ross Anderson Pharmasave 597-8626

MUNICIPALITIES

AMHERST, TOWN OF
PO Box 516
Amherst, NS B4H 4A1.....667-3352
Website ..... http://www.amherstns.com

OXFORD, TOWN OF
PO Box 338
Oxford, NS B0M 1P0.....447-2170
Website ..... http://www.townofoxford.com

PARRSBORO, TOWN OF
PO Box 400
Parrsboro, NS B0M 1S0..... 1-902-254-2036
Website: .....http://www.town.parrsboro.ns.ca
Email.....town@town.parrsboro.ns.ca

SPRINGHILL, TOWN OF
PO Box 1000
Springhill, NS B0M 1X0.....597-3751
Website ..... http://www.town.sprinhill.ns.ca
Email..... sprinhill@town.springhill.ns.ca

MUNICIPALITY OF THE COUNTY OF CUMBERLAND
PO Box 428
Amherst, NS B4H 3Z5.....667-2313
Website .....http://www.cumberlandcounty.ns.ca

SUPPORT/ HEALTH GROUPS

AIDS AND SEXUAL HEALTH INFO LINE..... 1-800-668-2437 **AIDS COALITION OF NOVA SCOTIA**
1657 Barrington Street, Suite 326
Halifax, NS B3H 2A1 1-902-421-4188
Help line 1-800-566-2437
Website .....www.acns.ns.ca
Email..... acns@acns.ns.ca

ALLERGY INFORMATION ASSOCIATION
36 Morrison Street
Fredericton, NB E3A 4M3 1-506-459-4475

Service: The Allergy/Asthma Information Association is a national organization dedicated to helping allergic individuals and their families cope with everything from the sniffles and sneezes of hay fever to life-threatening food allergies and asthma.

ALZHEIMER SOCIETY OF NOVA SCOTIA
5954 Spring Garden Road
Halifax, NS B3H 1Y7 1-902-422-7961

Fax 1-902-422-7971
Website ..... http://www.alzheimer.ca
Email ..... info@alzheimer.ns.ca

Service: The objectives of the Alzheimer Society involve providing support to people with Alzheimer's Disease, their families and/or care givers; representing these individuals before all levels of government; promoting awareness of the disease among those in the professional community and the general public and supporting and promoting research. Services are free of charge.
Alzheimer Support - Amherst 667-3176
Alzheimer Support - Parrsboro 1-902-254-2540
Alzheimer Support - Springhill 597-2797

Service: Provide help to people facing the challenges brought by Alzheimer Disease. By sharing information and common problems in the confidentially on a one on one basis. This support is for families, friends and care givers for them to realize they are not alone.

ARTHRITIS SOCIETY
Toll Free 1-800-565-2873

Service: The Cumberland County Branch of the Arthritis Society is dedicated to improving the quality of life for the many people with arthritis. Locally we have 3 public information sessions per year, (October, February, & April), The Arthritis Self Management Program and other educational materials.

ATTENTION DEFICIT ASSOCIATION OF NS
Opportunity Place
506 Sackville Dr.
Lower Sackville, NS 1-902-869-1117
Website ..... http://www.adans.ns.ca/ada
Email ..... adans@adans.ns.ca

Service: To provide information and support to families dealing with Attention Deficit. Meetings, in services, guest speakers. Provides videos and books.

BEREAVEMENT SUPPORT GROUP - Healing and Hope
Contact ..... 667-5400 ext 6219

CANCER SOCIETY, CANADIAN
Cancer Research, Patient Services and Education.
Amherst Unit 667-0022
Toll Free 1-888-939-3333
Website ..... www.cancer.ca

Service: Patient Services provides financial and emotional support to Cumberland County cancer patients. They can help with any questions you may have concerning a friend or family member. Confidential inquiries can be made.

CUMBERLAND HEALTH AUTHORITY
34 Prince Arthur Street
Amherst, Nova Scotia
B4H 1V6 661-1090
Website ..... www.cha.nshealth.ca

CUMBERLAND PRE-NATAL NUTRITION PROGRAM
Oxford NS.....447-2728

Service: Support pregnant women throughout Cumberland County by home visits and offering pre natal support through nutrition advice and counselling.

EATING DISORDERS ACTION GROUP
1657 Barrington Street, Suite 531
Halifax, Nova Scotia
B3J 2A1 1-866-843-3324
..... 1-902-443-9944

Fax..... 1-902-443-5680
Website ..... http://www.e-d-a-g.com
Email.....info@e-d-a-g.com

Service: Promotes healthy body image, self esteem and supports individuals who experience disordered eating. Provides support groups, educational workshop and presentations on disordered eating, a resource centre and lending library.

INFORM AIDS..... 1-800-566-2437
Website .....www.acns.ns.ca
Email..... acns@acns.ns.ca

Hours: Monday to Friday from 10:00 am - 4:00 pm

Service: Staffed by volunteers, offers telephone or in-person counseling, support, or referral to women with AIDS. Provincial wide women's aids project.

KIDNEY FOUNDATION OF CANADA
Nova Scotia Branch..... 1-902-429-9298
Amherst Chapter 667-9720
Website .....www.kidney.ca
Email.....kidney@ns.aliantzinc.ca

Service: The Kidney Foundation of Canada is a National voluntary health organization dedicated to the eradication of kidney diseases and related disorders. The Foundation provides emotional, educational and material support for patients, their families, and friends; supports patients rights to high quality care and treatment; provides information on prevention, diagnosis and treatment of kidney diseases and related disorders to the public-at-risk; supports excellence in research and plays a leadership role in the promotion of organ donation.

LUNG ASSOCIATION , NS
17 Alma Crescent
Halifax, NS B3H 3E6 1-902-433-8141
Cumberland Branch 1-800-566-LUNG (5864)
Fax..... 1-902-455-2573
Website ..... http://www.ns.lung.ca
Email.....info@ns.lung.ca

Service: The Lung Association of Nova Scotia is a volunteer driven charitable health organization striving to improve quality of life by controlling and preventing lung disease through research, advocacy, patient services and education.

MAGGIE'S PLACE - A Resource Centre for Families
12 La Planche Street
PO Box 1149
Amherst, NS B4H 4L2 667-7250
Fax 667-0585
Email: ..... maggies@ns.sympatico.ca

Service: Family Resource centre that provides parenting programs, information and support for families with pre school children. Provides a parenting program Nobody's Perfect ages from 0-6. Offers a low cost nutritional cooking program Basic Shelf. Child care is free for both programs.
Offers a toy lending library. Special event programs are conducted throughout the year. Office hours are Monday-Friday 8:30-4:30.

MIDWIFERY COALITION OF NOVA SCOTIA
2029 Kline Street
Halifax, NS B3L 2X4
Contact (Answering Machine) 1-902-479-0855
Website ..... www.mcns.chebucto.org

Service: Society of consumers and health care professionals who are working to establish midwifery as a self-regulating profession. Their aims include education of the public, promotion of and participation in development of midwifery legislation, support of the professional body of midwives, and liaison with other midwifery organizations.

MIDWIVES, ASSOCIATION OF NOVA SCOTIA
232 Main Street
Wolfville, NS B4P 1C4 1-902-434-9882

Service: Midwives provide total care during the childbearing year. Midwives have traditionally provided continuous physical and emotional support in a variety of settings including hospitals, birthing centres and clients homes. Following the progress of mother and baby in the Pre Natal, Post Natal stages are fundamental to midwifery care.

MORGENTALER CLINIC , HALIFAX
5730 McCully Street
Halifax, NS B3K 1R3 1-902-455-9865

Hours: Monday to Thursday from 9:00 am - 4:00 pm, with an after-hours answering machine.

Service: Provides abortion services in a supportive environment. Contraceptive counseling by appointment. Information and
referral on all options related to an unwanted pregnancy.
Fees vary. No age limitation, and parental consent not required.

M.S.I., NS
Nova Scotia Medical Services Insurance
P.O. Box 500
Halifax, NS B3J 2S1 1-902-496-7008
Toll Free 1-800-563-888
Email ..... msi_inquiry@atl.blucross.ca

MUSCULAR DYSTROPHY ASSOCIATION OFCANADA, THE (MDAC)
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8 1-902-429-6322
Toll Free 1-800-884-6322
Fax..... 1-902-425-4226
Website ..... http://www.mdac.ca
Email..... infoatlantic@mdac.ca

Service: The Muscular Dystrophy Association of Canada provides support services that assist individuals and families affected with neuromuscular disorders; funds research that will ultimately result in discovering the causes, treatments, and cures for muscular dystrophy and other neuromuscular disorders; and provide information to clients, families, health care professionals, and the general public as to the nature and management of
neuromuscular disorders. Monday-Friday 8:30am-4:30pm

MULTIPLE SCLEROSIS SOCIETY OF CANADA
Cumberland Branch 667-7177
Dartmouth Office 1-800-268-7582
Website ..... www.mssociety.ca

Service: Provides a self-help support group for anyone with M.S. Contact the Cumberland branch for support or information on meetings.

OSTEOPOROSIS SOCIETY -NOVA SCOTIA CHAPTER
127 Central Avenue
Halifax, Nova Scotia B3N 2J1
Information Line..... 1-800-463-6842

Service: This information line is part of Changes: Choices and Challenges, and educational program of the Osteoporosis Society of Canada.

PARKINSON SOCIETY-MARITIME REGION
5991 Spring Garden Rd, Suite 290
Halifax, NS B3K 1Y6 1-800-663-2468
Halifax Area..... 1-902-422-3656
Toll Free 1-800-565-3000
Website ..... http://www.parkinsonsocietymaritimes.ca
Email..... gailgardener@parkinsonsocietymaritimes.ca

Service: The Foundation helps persons and families cope with the effects of Parkinson and raises funds for Parkinson research.

PUGWASH & AREA COMMUNITY HEALTH, THE
c/o North Cumberland Memorial Hospital
PO Box 242
Pugwash, NS B0K 1L0.....243-2521

Service: A community , based group of citizens concerned with Primary Health Care, and issues related to health in Pugwash and surrounding areas of Wallace, Malagash, Wentworth, Westchester, Oxford, Northport & Linden.

SCHIZOPHRENIA SOCIETY OF NOVA SCOTIA
Simpson Hall, Rooms 408-410
Nova Scotia Hospital
P.O Box 1004
Dartmouth, NS B2Y 2Z9 1-800-465-2601
Cumberland County Contact.....597-3234
Website .....http://www.nsnet.org/valleyssns/#4
Email.....ssns@sympatico.ns.ca

Service: The Schizophrenia Society of Nova Scotia is a non Profit organization that provides education and support for those affected by schizophrenia and their families.

SELF HELP CONNECTION
63 King Street
Dartmouth, NS B2Y 2R7 1-902-466-2011
Fax..... 1-902-466-3300
Website .http://www.selfhelpconnection.ca/programs.htm
Email..... info@selfhelpconnection.ca
Hours: Monday to Friday from 8:30 am to 4:30 pm

Service: A program for self-help resource development. Concerned with assisting individuals to define and meet their health needs in a supportive environment. Publishes a self-help manual, directory and a quarterly news letter available by request.

SERVICES FOR SEXUAL ASSAULT SURVIVORS
Avalon Centre
5475 Spring Garden Road, Suite 501
Halifax, NS B3J 1G6 1-902-422-4240
Crisis Line (4:30 pm to 8:00 am)
Weekends 24 hours 1-902-425-0122
Fax..... 1-902-422-4628
Email..... avaloncenter@eastlink.ca

Service: Provides short term crisis intervention through peer support. Offers crisis intervention services on a 16-hour basis; intervention for female victims of sexual assault; emotional support and options for help; support for victim's friends/relatives; consultation to community services; public information and education; victim self-help groups; and groups for parents of sexually abused children. Serves individuals age 16 and older.

SEXUAL ABUSE SURVIVORS
Cumberland Mental Health Services
33 Havelock Street
Amherst, NS B4H 4W1.....667-3879
Referral through family Doctor

Service: To raise self-esteem, cope with past abuse, and assist members to deal effectively with their lives now.

SPINA BIFIDA ASSOCIATION OF NOVA SCOTIA (SBANS)
PO Box 341
Coldbrook, NS B4R 1B6 1-800-304-0450
Fax..... 1-902-679-1433
Email.....spina.bifida@ns.sympatico.ca

Service: SBANS is a non-profit charitable organization affiliated with the Spina Bifida Association of Canada. The primary purpose of SBANS is to enhance the quality of life for all individuals born with spina bifida and/or hydrocephalus and for their families. SBANS is dependent on charitable donations and raises funds for education material for its members and other interested persons; research; special needs equipment; scholarships; and financial assistance for families in need. We are helping people with spina bifida to cope with

their handicap, achieve independence and integrate into the social mainstream.

WELL WOMAN CLINICS

All Saints Springhill Hospital
P.O box 3560
Springhill NS, B0M 1x0 597-2943
Tuesday and Wednesday

Service: Provides pap test, breast examination, blood pressure/weight . Counseling on: Sexuality and you, Arthritis, P.M.S./menopause, nutrition, alcohol and drug abuse, diabetes. Calcium Supplements, osteoporosis Birth Control, breast self-exam education, disease prevention.

North Cumberland Memorial Hospital
Pugwash, Nova Scotia 243-2521
Fax.....243-2941
Monthly.

Service: Pap smears, breast examinations, pelvic examinations, urinalysis, hemoglobin, blood pressure checks, height and weight, Dietitian on site. There are many information displays, sponsored by N.C.M.H. Auxiliary and any other concerns women may have.

SPECIAL INTEREST

CAMP TIDNISH
Abilities Foundation of NS
3670 Kempt Road
Halifax, NS B3K 4X8 ..... 1-902-453-6000 ext 2227
Website GOTOBUTTON BM_|_ http://www.ablitiesfoundation.ns.ca
GOTOBUTTON BM__ Emailcamping@ablitiesfoundation.ns.ca

Service: Owned and maintained by the Amherst Rotary Club and administered by the Abilities Foundation of NS. Provides a residential Camping opportunity for adult teens and children with physical disabilities and mental challenges. A registered nurse is in full-time attendance. Cost: There is a camp fee and transportation costs but no person is refused because of an inability to pay.

CANADIAN ASSOCIATION FOR COMMUNITY LIVING
(Bridge Work Shop)
10 Croft Street
Amherst, NS B4H 2Z4.....667-8433
Email.....bworkshop@ns.sympatico.ca

Service: A voluntary non-profit organization devoted to improving the lives of individuals who are challenged by a mental handicap. Provides the following programs: Bridge Workshop; Pre-Vocational/Vocational; Group Home for eight adults, supervised apartment, summer recreation program for youth 13-20 years old, winter recreation program for adults, Special Olympics and Small Options.

CANADIAN PENSIONERS CONCERNED INC.
Suite 216,
7075 Bayers Road Shopping Centre
Halifax, NS B3L 2C1 1-902-455-7684

Website www3.ns.sympatico.ca
Email.....cpc@ns.sympatico.ca
Monday to Friday 10:00am-4:00pm
(reduced Summer Hours)
Service: Canadian Pensioners Concerned is a social action group that addresses the issues affecting older Nova Scotians, their families and Care givers. Issues include: Housing, Pensions, Health Care, Finances, Abuse, Transportation, Legal issues. The Organization produces publication, organizes research, educational material.

CULTURAL FEDERATIONS OF NOVA SCOTIA
1113 Maginal Street
Halifax, NS B3J 4P7..... 1-902-425-6373
Email..... cfns@hfx.eastlink.ca

Service: The Cultural Federations of Nova Scotia is an alliance of eight cultural organizations which has as objectives: 1) to promote the growth and quality of arts and culture, 2) to increase general cultural awareness in Nova Scotia and 3) to speak with a unified voice on behalf of its members. The member organizations all have their headquarters in the central office where a
diversity of information on arts and culture is available. Members are: Visual Arts Nova Scotia, N.S. Designer Crafts Council, Theatre NS, Writers Federation of N.S., N.S. Choral Federation, Dance Association of Nova Scotia, Multi-cultural Association of N.S. and Federation of Nova Scotian Heritage.

CUMBERLAND AFRICAN NOVA SCOTIAN ASSOCIATION (CANSA)
234 Church Street
Amherst NS B4H 3C9 661-1509
Fax.....661-4062
Email.....cansa@ns.sympatico.ca

Service: To enhance capacity building, improve and enhance cultural identity and to promote business and community development.

DISABLED, CUMBERLAND EQUAL RIGHTS FOR THE
PO Box 576
Amherst, NS B4H 4B8.....667-1237
or 667-8721

Service: Affiliated with the NS League for Equal Opportunity, this is a cross-disability consumer and public education organization whose members include those with all types of disabilities: mobility, sensory and invisible
disabilities (e.g., diabetes, emphysema, arthritis, epilepsy, etc.). This is an umbrella organization through which the disabled voice their concerns at the municipal and provincial level.

GRANDPARENT RIGHTS FOR NOVA SCOTIA
156 Nordic Crescent
Lower Sackville, NS B4C 2E6..... 1-902-865-5172
Cumberland County 1-902-257-2974

Service: Grandparent Rights for Nova Scotia exists to advocate, promote support and assist grandparents and their families in either maintaining or re-establishing family ties and stability, especially those ties between grandparents and grandchildren, in situations where the family has been disrupted by parental divorce. Meetings are held monthly.

HOME OF THE GUARDIAN ANGEL
2893 Agricola Street
Halifax, NS B3K 4E8 1-902-422-7548
Fax..... 1-902-492-4547

Email..... hga@ns.aliantzinc.ca
Hours: Monday to Thursday from 9:00 am to 4:00 pm

Service: Provides an adoption agency, counseling and a Single Parent Centre. The services include counseling by social workers, adoptive services, post-placement services for birth parents, adoptive parents and adopted individuals and post-abortion counseling for women and their partners.

INTERNATIONAL WOMEN'S DAY COMMITTEE
c/o Autumn House
P. 0. Box 1141
Amherst, NS B4H 4L2 667-1344
Email.....cctha@ns.sympatico.ca

Service: A volunteer committee of women from the area who plan events to mark March 8th, International Women's Day.

MAGGIE'S PLACE
12 La Planche Street,
P.O. Box 1149
Amherst, NS B4H 4L2 667-7250

Service: Provides a parenting programs, low cost nutritional cooking programs, offers a toy lending library. Special event programs throughout the year.

MORGENTALER CLINIC
5730 McCully Street
Halifax, NS B3K 1R3 1-902-455-9865
Website ..... www.morgentaler.com
Email.....lexogesthfx@eastlink.ca
Hours: 9:00 am - 5:00 p.m, Monday - Friday,
with after-hours answering machine.

Service: Provides abortion services in a supportive environment. Contraceptive counseling by appointment. Information and referral on all options related to an unwanted pregnancy. Fees vary. No age limitation, and parental consent not required.

NDP WOMEN'S RIGHTS COMMITTEE
1660 Hollis Street, Suite 1006
Halifax, NS B3J 1V7 1-902-424-4134
or 1-902-423-9217
Cumberland County Contact.....667-2921

Service: A committee that addresses the concerns of women on a province wide basis. Lobbies on their behalf with both provincial and federal government agencies. Meets four times a year.

NOVA SCOTIA NATIVE WOMEN'S ASSOCIATION
PO Box 805
Truro, NS B2N 5E8 1-902-893-7402
Fax..... 1-902-897-7162
Website ..... http://www.nwac-hp.org

Service: The Nova Scotia Native Women's Association is a political organization representing Micmac women in Nova Scotia in social, cultural, and economic areas. They stimulate and foster Micmac culture in areas of arts and crafts, folklore, cultural tradition and all other aspects of Micmac heritage.

NOVA SCOTIA WOMEN'S LIBERAL COMMISSION
1660 Hollis Street, Suite 1202
Halifax, NS B3J 2T3 1-902-429-1993
Email ..... office@liberal.ns.ca
Hours Monday-Friday 8:30am - 4:30pm

Service: The N.S. Women's Liberal Commission has 11 regional representatives constituting the caucus. Represents the 11 federal ridings of our region. Also represents the Nova Scotia women federally.

PARENTS, FAMILY AND FRIENDS OF LESBIANS & GAYS
14 Devon Avenue
Sackville New Brunswick, E4l 3W2 506-536-4245
..... 667-2635
Website ..... www.pflag.ca

Service: PFLAG Canada is a nation wide organization that provides support, education and resources on issues of sexual orientation and gender identity.

PROGRESSIVE CONSERVATIVE WOMEN'SASSOCIATION OF NOVA SCOTIA
1660 Hollis Street, Suite 801
Centennial Building
Halifax, NS B3J 1V7 1-902-429-9470
..... 1-902-423-2465
Website ..... http://www.pcparty.ns.ca

Service: Promotes the Progressive Conservative Party and the education and equality of women. Educates women in the election process. Helps women take a more active role in the national, provincial and communities where they live.

RAINBOW SPIRIT-FAMILY PRIDE CAMPING ASSOCIATION
3045 Robie Street, Suite 121
Halifax, NS 1-902-455-0186
Website ..... http://www.fpca.ca
Email ..... info@fpca.ca

Service: Rainbow Spirit is a unique summer camp experience for the children of Lesbian, Gay, Bisexual and Transgendered parents offered by the Family Pride Camping Association.
FPCA is dedicated to providing positive and safe recreational experiences in an environment where the children can be openly proud of their families.

STEPPING STONE ASSOCIATION
2224 Maitland Street
Halifax, NS B3K 2Z9 1-902-420-0103
Fax 1-902-422-9665
Email ..... steppingstone@navnet.net

Service: Stepping Stone Association is a user directed non profit organization that supports individuals in the sex trade by contributing to their health, safety and well being. The service population consists of women or men, currently or
formerly in the sex trade and youth at risk of becoming involved in the sex trade.

WOMEN , THE NOVA SCOTIA ADVISORY COUNCIL

ON THE STATUS OF
Nova Scotia Advisory Council on the Status of Women
PO Box 546
Amherst, NS B4H 4A1 667-8948
Halifax Office 1-800-565-8662

Service: In carrying out its duties, the Council receives submissions and suggestions from individuals and groups regarding women's issues, undertakes research, participates in programs concerning women's issues, assists women and women's organizations in gaining access to government and other institutions by providing information and referrals where appropriate, and publishes reports, studies and recommendations. The fieldworker assists women or groups with needs or concerns, provides programming and acts as a resource person to assist in the promotion of the equality of women.

ZONTA CLUB OF AMHERST AREA
Amherst 661-1377
Group Meets every third Wednesday of the Month.
Website http://www.zontadistrict1.org
Alternate Website ..... http://www.zonta.org
Email ..... follini@ns.sympatico.ca

Service: Zonta International is a worldwide service organization of executives in business & the professions working together to advance the status of women. Founded in 1919, Zonta currently has approximately 33,000 members in over 1,200 clubs in 70 countries.